TODAY I QUTIING MY COWARDLY LIFESTYLE

I HAVE TO STOP STUPID REASONING WITH MYSELF

STEPS REAL MEDIATION AND COMPARTIMSALTION

STOP THIS BULLSHIT ENTERMAINTENT,SO CALLED BIASED VEDIOS AND COMMENTS

START READING BOOKS AND EXCERCISE

THEN THIS QUESTION ARISES ,CAN ENJOY MY LIFE LIKE THIS ?

I THINK MY 10 MONTHS CHALLENGE TO MYSELF

1)QUIT ADDICTION ,HOME SAPINS YEAH

2)BECOME MORE SANE,THESE YEARS I LIVE IN PARANOIA

3)I DONT CARE ABOUT RESULT I GOING BANG MY HEAD IN THE PROMBLEM ,

4 MARCH 2024